



## ALLERGEN & INGREDIENT INFORMATION

June 2025





	PEANUTS	TREE NUTS	MILK	WHEAT / GLUTEN	EGGS	SOY	MUSTARD	PALM	FISH / SEAFOOD	SESAME	SULFITES	VEGETARIAN	VEGAN
Tortillas													
Hard Taco Corn Shell												X	X
6" White Flour Tortilla				X								X	X
10" White Flour Tortilla				X								X	X
10" Whole Wheat Tortilla				X								X	X
12" White Flour Tortilla				X								X	X
12" Whole Wheat Tortilla				X								X	X
14" White Flour Tortilla				X								X	X
Tortilla Chips												X	X
Proteins													
Ghost Pepper Chicken Mole	x	x		x		x			MC	x			
Pork Al Pastor						MC							
Beef Barbacoa													
Black Beans												X	X
Chili-Lime Tilapia						X			X				
Flame Grilled Chicken													
Ground Beef													
Refried Beans												X	X

	PEANUTS	TREE NUTS	MILK	WHEAT / GLUTEN	EGGS	SOY	MUSTARD	PALM	FISH / SEAFOOD	SESAME	SULFITES	VEGETARIAN	VEGAN
Roasted Veggies												X	X
Spicy Chipotle Chicken													
Saucy Chipotle Tofu						X						X	X
Salsas, Sauces Dips and Sides													
Tomato Chipotle Salsa (Mild)												X	X
Salsa Verde (Medium)												X	X
Salsa Roja (Hot)												X	X
Cilantro-Lime Sour Cream			X									X	
Chipotle Mayo				MC	X	MC	X				X	X	
Habanero Mayo				MC	X	MC	X				X	X	
Paprika Mayo (Vegan)				MC		MC	X					X	X
Signature Burrito Sauce			X									X	
Sour Cream			X									X	
Hot Sauce-Chipotle												X	X
Hot Sauce-Garlic Habanero												X	X
Hot Sauce-Ghost Pepper												X	X
Hot Sauce-Pineapple Habanero												X	X
Guacamole												X	X
Queso			X					X				X	
Street Corn- Chipotle Mayo			X	MC	X	MC	x				X	X	



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Street Corn- Cilantro-Lime			X									X	
Street Corn- Paprika Mayo			X	MC		MC	X					X	
Street Corn- Signature Sauce			X									X	
Toppings													
Brown Rice												X	X
Cheddar & Jack Cheese			X									X	
Cilantro												X	X
Corn												X	X
Jalapeno												X	X
Lettuce												X	X
Mexican Street Slaw												X	X
Pickled Onion												X	X
Red Onion												X	X
Desserts													
Cookies-Chocolate Chunk	MC	MC	X	X	X	X						X	
Cookies-Oatmeal Raisin	MC	MC	X	X	X	X						X	
Churros			X	X	X	X		X				X	
Caramel Dip			X			X		X				X	
Nutella Dip		X	X			X		X				X	

X= Contains; MC= May Contain`

**Please Note: Variations may occur due to differences in suppliers, ingredient substitutions and recipe revisions.**

**Due to the nature of our restaurants, we cannot 100% guarantee that any food or drink we serve will not come in contact with an allergen. Please inform our staff if you have a serious food allergy.**

**For general information on food allergens, visit Health Canada at <http://hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php>**

**This document was updated in September 2024 with information that was available at that time.**

**If you have any specific questions regarding allergens and/or ingredients, please contact us on our Website at <https://quesada.ca/contact/>**

**For Nutrition Information, visit the Nutrition Section of our website at <https://quesada.ca/nutrition/>**

## **INGREDIENTS & RECIPES**

### **TORTILLAS**

**Hard Taco Corn Tortilla Shells:** Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, And/Or Sunflower)

**6" Soft Flour Tortillas:** Enriched Bleached Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, And Calcium Propionate And Sorbic Acid (To Maintain Freshness). Contains Wheat.

**10" White Tortillas:** Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

**10" Whole Wheat Tortillas:** Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono- and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes(Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced) Contains Wheat, Gluten

**12" White Tortillas** Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

**12" Whole Wheat Tortillas:** Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-

and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes(Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

**13.5" White Tortillas:** Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, CMC Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

**Tortilla Chips:** Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, And/Or Sunflower), Salt

## **PROTEINS**

**Beef Barbacoa:** Beef, Salt, Vinegar, Flavour, Chipotle Paste, Cumin, Cloves, Spices and Spice Extracts, Dextrose, Caramel Colour, Garlic Powder, Onion

**Black Beans:** Dried Black Beans, Water, Oregano, Minced Garlic, Salt

**Chili-Lime Tilapia:** Tilapia fillets, Rice flour, Vegetable oil (canola, soya), Modified corn starch, Seasonings (garlic, onion, disodium inosinate, disodium guanylate, vinegar solids, yeast extract), Water, Salt, Flavour (lime, chili, natural flavour) Sugars (maltodextrin, dextrin), . Contains: Tilapia (fish).

**Flame Grilled Chicken:** Chicken, water, modified rice starch, corn syrup solids, salt

**Ghost Pepper Chicken Mole** Chicken, Mole (Sugar, sesame seeds, chiles (ancho, mulato, pasilla, mora) peanuts, raisins, tortilla (maize), cookies (wheat flour, sugar, palm oil, high fructose corn syrup, iodized salt, sodium bicarbonate, soy lecithin, ammonium bicarbonate, artificial flavour, vitamins, minerals, FD&C yellow #5) cocoa, pumpkin seeds, iodized salt, almonds, nuts, garlic, onion, arabic gum, mono and diglycerides, modified starch, xanthan gum, spices), Ghost Pepper Hot Sauce (Habanero peppers, ghost peppers, carrot, onions, garlic, apple cider vinegar, water, cloves, oregano, bay leaves), Chipotle Peppers, De Arbol Peppers, Canola Oil, Salt. May contain traces of shellfish.

**Ground Beef:** Ground Beef, (Beef, Salt, Garlic Powder, Onion Powder, Black Pepper, Water, Spice Extract [Rosemary]) Cooking Onions,



Tomatoes, Tomato Paste (Tomatoes), Chipotle Paste (Dried Morita Peppers, Water), Chili Powder, Garlic Powder, Cumin, Smoked Paprika, Salt

**Pork Al Pastor:** Pork, Water, Potato Starch, Spice, Ancho Pepper Powder, Salt, Canola Oil, Flavour, Vinegar Powder (maltodextrin, modified corn starch, vinegar), Dehydrated Red Bell Pepper, Sugar, Dehydrated Garlic

**Refried Beans:** Pinto Beans ( Pinto Beans, Oregano, Minced Garlic, Salt), Chipotle Paste (Dried Morita Peppers, Water), Chili Powder, Cumin, Garlic Powder

**Roasted Veggies:** Red Peppers, Green Peppers, Red Onions, Canola Oil, Salt, Black Pepper

**Saucy Chipotle Tofu:** Non-GMO Soybeans, Chipotle Peppers, tomato paste, onion, garlic, spices, cane sugar, sunflower oil, sea salt, vinegar, water, nigari

**Spicy Chipotle Chicken:** 80 Dark/20 White Chicken, Water, Chipotle Paste (Dried Morita Peppers, Water), Cooking Onions, Chicken Broth (Chicken broth [water, concentrated chicken broth], salt, yeast extract, sugar, chicken fat, corn starch, natural flavour, citric acid), Canola Oil, Black Pepper

## **SALSAS, SAUCES & DIPS**

**Chipotle Salsa (mild):** Tomatoes, Cooking Onions, Chipotle Paste (Dried Morita Peppers, Water), Salt

**Salsa Verde (medium):** Tomatillos, Water, Cooking Onions, Cilantro, Jalapenos, Salt

**Salsa Roja (spicy):** Tomatoes, Water, Cooking Onions, Dried Del Arbol Peppers, Oregano, Minced Garlic, Salt

**Cilantro-Lime Sour Cream: Sour Cream** (Modified milk ingredients, modified cornstarch, disodium phosphate, carrageenan, locust bean gum, guar gum, microbial enzyme, bacterial culture.) Cilantro, Lime Juice

**Chipotle Mayo:** Canola oil, Water, Chipotle chili, Frozen egg yolk (egg, salt), Sugar, Vinegar, Salt, Modified corn starch, Caramel colour (sulphites), Mustard seed, Concentrated lemon juice, Xanthan gum, Potassium sorbate (maintains freshness), Citric acid, Natural smoke flavour, Calcium disodium edta (maintains flavour). Contains: Egg, Mustard, Sulphites. May Contain: Gluten, Soy, Wheat

**Habanero Mayo:** Canola oil, Water, Frozen egg yolk (egg, salt), Sugar, Vinegar, Salt, Modified corn starch, Red habanero chiles, Mustard seed, Concentrated lemon juice, Xanthan gum, Potassium sorbate (maintains freshness), Citric acid, Calcium disodium edta (maintains flavour). Contains: Egg, Mustard, Sulphites. May Contain: Gluten, Soy, Wheat

**Paprika Mayo (Vegan):** Canola oil, Water, Smoked paprika, Modified corn starch, Salt, Sugars (sugar), Vinegar, Mustard seed, Modified gum acacia, Xanthan gum, Concentrated lemon juice, Potassium sorbate (maintains freshness), Natural smoke flavour, Calcium disodium edta (maintains flavour). May Contain: Gluten, Soy, Wheat

**Signature Burrito Sauce:** Sour cream (milk ingredients, modified corn starch, guar gum, sodium citrate, carrageenan, disodium phosphate, bacterial culture, microbial enzyme.), Pickled jalapeno (jalapeno peppers, water, vinegar, salt and spices), Salt, Smoked paprika, Xanthan gum

**Sour Cream:** Modified milk ingredients, modified cornstarch, disodium phosphate, carrageenan, locust bean gum, guar gum, microbial enzyme, bacterial culture.

**Quesada Hot Sauce, Chipotle:** Chipotle Peppers, Tomato, Onions, Garlic, Apple Cider Vinegar, Water

**Quesada Hot Sauce, Pineapple Habanero:** Pineapple, Habanero Peppers, Onions, Garlic, Apple Cider Vinegar, Water

**Quesada Hot Sauce, Ghost Pepper:** Habanero Peppers, Ghost Peppers, Carrots, Onions, Garlic, Apple Cider Vinegar, Water, Cloves, Oregano, Bay Leaves

**Quesada Hot Sauce, Garlic Habanero:** Habanero Peppers, Carrots, Onion, Garlic, Apple Cider Vinegar, Water, Cloves, Oregano, Bay Leaves





**Guacamole:** Avocados, Cooking Onions, Cilantro, Minced Garlic, Black Pepper, White Pepper, Salt, Lime Juice

**Queso:** Queso Cheese (water, cheddar cheese [pasteurized milk, bacterial cultures, salt, microbial enzymes], soybean oil, modified cornstarch, green chiles [green chiles, citric acid] jalapeno peppers [jalapeno peppers, salt, acetic acid] cornstarch, salt, sodium phosphate, natural flavoring, datem, mono-diglycerides, autolyzed yeast extract), tomatoes, onions, chipotle peppers, salt.

**Street Corn:** Corn, **Cheddar & Monterey Jack Cheese Blend**, **Chipotle Mayo** OR **Cilantro Lime Sour Cream** OR **Paprika Mayo** OR **Signature Sauce**, Cilantro, Tajin Seasoning (Chili Peppers, sea salt, citric acid, dehydrated lime juice, silicon dioxide)

### **TOPPINGS:**

**Brown Rice:** Water, Brown Rice, Canola Oil, Lime Juice, Oregano, Salt, Minced Garlic

**Cheddar & Monterey Jack Cheese Blend:** Pasteurized milk, Modified milk ingredients, Salt, Bacterial culture, Calcium chloride, Microbial enzyme, Annatto, Cellulose, Natamycin

**Cilantro:** Cilantro

**Corn:** Peaches and Cream corn

**Jalapenos:** Jalapenos

**Lettuce:** Shredded Iceberg Lettuce

**Mexican Street Slaw:** Green Cabbage, Red Cabbage, Carrots, Salt, Black Pepper, White Vinegar, Canola Oil

**Pickled Red Onions:** Red Onions, White Vinegar, Sugar, Salt

**Red Onion:** Red Onion

## **DESSERTS:**

**Cookies: Chocolate Chunk:** Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla Extract, Milk), Margarine (Palm Oil, Water, Contains 2% Or Less Of: Salt, Mono- And Diglycerides, Natural Flavor, Citric Acid, Vitamin A Palmitate Added, Beta Carotene [Color]), Sugar, Invert Sugar, Eggs, Butter (Cream [Milk], Salt), Corn Syrup, Contains 2% Or Less Of: Whey (Milk), Modified Corn Starch, Chicory Root Fiber, Molasses, Baking Soda, Salt, Natural And Artificial Flavor. Contains: Eggs, Milk, Soy, Wheat May Contain Peanuts And Tree Nuts (Almonds, Coconut, Macadamia Nuts, Pecans, Walnuts)

**Cookies: Oatmeal Raisin:** Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean Oil, Contains 2% Or Less Of: Salt, Mono- And Diglycerides, Natural Flavors [Contains Milk], Citric Acid, Vitamin A Palmitate Added, Beta Carotene [Color]), Raisins, Oats, Eggs, Invert Sugar, Corn Syrup, Contains 2% Or Less Of: Water, Molasses, Modified Corn Starch, Spices, Baking Soda, Soy Lecithin, Salt, Natural And Artificial Flavors (Contains Milk), Milk Fat. Contains: Eggs, Milk, Soy, Wheat Made In Bakery That Also Processes Peanuts And Tree Nuts (Almonds, Coconut, Macadamia Nuts, Pecans, Walnuts).

**Churros:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzymes), Water, Vegetable Oil (Contains One Or More Of The Following: Sunflower Oil, Cottonseed Oil, Palm Oil, Soybean Oil), Egg Whites, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Ammonium Carbonate), Salt, Vital Wheat Gluten, Corn Starch, Sugar, Modified Food Starch, Dextrose, Mono And Diglycerides, Guar Gum, Artificial Flavour, Yeast, Soy Flour, Nonfat Milk. Contains: Wheat, Egg, Soy, And Milk Ingredients

**Caramel:** Glucose, Sugar, Water, Canola Oil, Modified Palm and Palm Kernel Oils, Modified Milk Ingredient, Salt, Mono- and Diglycerides (Soy), Soy Lecithin, Caramel, Potassium Sorbate, Artificial Flavour, Pectin, Xanthan Gum.

**Nutella:** Sugar, modified palm oil, hazelnuts, skim milk powder, cocoa, soy and/or sunflower lecithin, vanillin